

Beat the HEAT

How to Protect Yourself Against the Dangers of Hot Weather This Summer

Hydrate.

Keep yourself hydrated with frequent drinks of water, whether you are thirsty or not.

Educate yourself.

Check the current and forecast temperatures and heat index regularly. When the temperature exceeds 85° or the heat index reaches 90°, start taking protective action.

Heat waves kill an average of 175 people each year... *more than any other weather disaster.*

"Safety in sports is always a concern, whether it's wearing the right equipment or heeding warnings about weather. Play it safe in the heat!"

*– Charlie Adams, Executive Director
North Carolina High School Athletic Association*

Act quickly when heat illness is suspected.

Seek medical attention immediately if any of these warning signs is observed: cramps, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, vomiting.

Take it easy.

Anyone working or exercising outdoors should avoid overexertion. Take hourly breaks in air conditioning, and stay out of the sun.



Get the latest temperature and heat index readings and forecasts at
weather.noaa.gov/rah

